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HERBS for Health

By the editors of
PREVENTION® Magazine

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RODALE PRESS, INC.
Emmaus, PA. 18049

Sixth Printing 1982

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THE FIELDS ARE FULL OF HEALING HERBS

An Arkansas physician's wife goes to the meadow, not the medicine cabinet, to keep her family healthy.

My husband, Harold, has been a family physician for 15 years in our rural Ozark county of north central Arkansas, and he'd be the first to admit the effectiveness of some native "home remedies" that they never taught him in medical school.

He's not practicing herbal medicine, but he does think there are some practical items in the remedies that people have been concocting from local plants ever since the first settlers arrived—and even before, when the Indians knew each weed, shrub and tree. He's called me from his office to get recipes for certain home remedies.

One he likes is bergamot tea for an upset stomach. It's safer than commercial preparations and he finds it works. I've given him the simple home remedy for mouth ulcers: a rinse with lemon juice and salt. And he's learned that the dark juice of walnut hulls applied to ringworm can heal the scalp.

Doctors generally know that digitalis, a drug commonly used in heart disease, comes from the foxglove. Snakeroot is the parent plant of *Rauwolfia serpentina,* which is used for hypertension. Lobeline sulfate, an anti-smoking compound, is the derivative of a well-known wildflower, scarlet lobelia. These drugs are used today just as they were in days past. Many of our modern medicines are chemical substitutes for plant extracts.

Though some doctors are relearning the value of the original common herbs, the folk remedies haven't been handed down through the medical profession. They've been passed along to us from our ancestors through dear old mom. A surprising number of these remedies contain plant substances with a firm basis in medical usage, although it's doubtful the generations of mothers knew this, or cared, as long as the remedy worked.

Many of the original settlers brought seeds, roots and sets of herbs from Europe to use in the kitchen as well as the sick room. Some of these plants thrived, others shriveled and died and substitutes had to be found. The Indian survived on the ability to use what was at hand. So our forefathers used the Indian as a resource.

One midwinter afternoon 10 years ago, I trudged into my husband's clinic to get "medical supplies" for my small brood of preschool children. If you have five children, four under the age of six, you learn to expect coughs, runny noses and sore throats, as well as scratches, bruises and tummy aches. I was worn to a frazzle and had come to dread the damp, windy winters with their fluctuating temperatures. One of my husband's elderly patients, known as Aunt Alice, sympathetically told me about rearing her children and about her own childhood when her mother did most of the doctoring for a family of seven. They learned to get by without a doctor except in cases of dire emergencies, since times were hard and transportation slow.

Aunt Alice suggested that I come home with her for a cup of tea and a talk about the good old days. Just getting away from my demanding family for a few hours was incentive enough. The tea was great, though it was new to me. She called it a "nervine tea," especially good for young mothers. It was made from the red seedheads of the sumac bush. It was sharp, tasty and soothing. Here is Aunt Alice's recipe:

4 cups boiling water poured over
2 heads of sumac seed and
steeped 15 minutes, then strained
through 4 layers of cloth. Add
4 tablespoons honey
1 cinnamon stick
10 or 12 cloves and simmer about
10 minutes.

I have since added this tea to my daily life, particularly in the winter. It is piquant, spicy and much more calming than my usual coffee break.

Aunt Alice showed me her herbs and compounds. There were chamomile, bergamot, peppermint, sage, fennel, ginseng and many more, gathered from the hills and roadsides, or grown in her kitchen garden. The local pharmacy was the source of ingredients not elsewhere available, such as grain alcohol to make tinctures.

It was exciting to be in her kitchen, and the whole house emitted a faint fragrance of dried herbs. She had some sealed tightly in jars and

others hanging from the beams in her tiny pantry. A large, old notebook was filled with "receipts" for home remedies, each penned either in her ornate Victorian handwriting or the hand of someone from a still earlier generation.

Among the treasures of this notebook were mullein tea for those headaches and other discomforts a woman gets each month; garlic tea, which if drunk three times a day before the monthly flow is sure to "get the water out of your system," and spearmint tea. How much more refreshing is a cup of hot spearmint tea than a caffeine-laden cup of coffee. Here's how Aunt Alice taught me to make it:

Put on a pot of water to boil and
use, for each cup,
1 tablespoon dried spearmint leaves
1 tablespoon honey and steep for 5
minutes.

I use "native rules" and always sweeten with honey if sweetening is called for. Some may want to hold off on the large amount of honey preferred hereabouts. Here are the rules for mullein tea:

3 dried mullein leaves steeped 15
minutes in
1 pint of water sweetened with
4 tablespoons honey
a dash of nutmeg
a dash of cinnamon

That afternoon at Aunt Alice's was the beginning of my continued search for remedies that can be prepared at home but are also used in today's modern medicine. Other remedies I've prepared, rather than going to the doctor, have worked just as well as my first cup of nervine tea, and with considerably less expense and bother than the "bought" medicines. These are just a few:

A ripe raw tomato sliced and applied to a boil or an infected scratch will draw out the poison. A raw potato scraped and applied in a poultice will also do the trick. These two are effective ways to bring a stye to a head, too. Both are much less painful than lancing. Sunburn can be cooled down with the application of dilute vinegar. Nettle rash can be relieved with the juice of the nettle plant—just be sure to use gloves when you pick this stinging plant. A very good cough syrup I have used over the years is made by simmering

¼ teaspoon anise seed
¼ teaspoon thyme in
2 cups water for 15 minutes. Add
1 cup honey

I've dosed many a kid's cough with this syrup—and it tastes good, too.

SOME OTHER HERBALS

Here are some other herbals that folks around here and in many other parts of the country find useful:

—Many mothers know how quickly chamomile tea will calm a cranky baby.

—One of the best disinfectants and healing agents for wounds is tincture of garlic. Mash a garlic bulb and cover with one ounce of grain alcohol. Let stand two weeks in a capped bottle, strain, and put tincture into one-ounce bottle. Apply freely to cuts, wounds, infections.

—A wonderful healing salve is made from golden seal. Heat one ounce of powdered golden seal root in two cups of water, but don't boil. Heat until about two-thirds of the water has evaporated. Mix the watery paste with enough melted beeswax and a little oil of cloves (for aroma) to make a thick salve. Put in tightly closed jars.

—If a cut is bleeding profusely, cover it with the powder-like spores of the common puffball mushroom—the ones that produce a puff of smoke when stepped on or kicked. Spider webs also stanch bleeding. Puffball powder is very explosive, so store it closed and keep it away from fire.

—A tea made from horehound leaves (a small handful of leaves per teapot of water) makes a good expectorant and tonic.

—Garlic is a generally fine all-around healer. It suffuses the body with its essence which drives out "bugs" from the body just as it does from the plants in the garden. The folklore story is that a cut garlic clove taped to the bottom of the foot at bedtime will yield a garlic taste in the mouth the next day.

—A tea made from borage has been used for centuries as a remedy for catarrh, or heavy production of mucus.

—Both black walnut meat and red mulberries give a gentle laxative effect.

These remedies are just a sampler of the hundreds to be found in any good herbal, or the dozens in use in the deep country reaches of America.

You can collect these medicinal herbs in three ways—you can buy them, an option not always open to country folks, collect them from the fields and woods, and grow them in your garden.

I gather wild roots and herbs and place them in a dry, warm spot (hanging from the rafters of the attic, the barn, or a light-tight shed are the best places to dry herbs) as Aunt Alice did. I've also followed her custom of growing a variety in my garden. Most herbs don't need a rich soil, but it should be slightly alkaline. Aunt Alice used to throw her kitchen wastes on the garden, saying, "It just stands to reason that dirt needs greens to grow greens." And she used wood ashes as an effective bug chaser. She was the type of organic gardener who didn't know the term but practiced the method.

HERBS THAT CARE FOR THE MINOR PERILS OF GARDENING

Crescent Dragonwagon of Eureka Springs, Ark., sends along these homely tips for patching up the minor hurts you might encounter in the garden:

Abrasions, Cuts, Scrapes—To help a minor cut heal faster, apply fresh comfrey leaves directly. If the fresh leaves are unavailable, boil dried ones, cool, and apply. Fresh garlic, tincture of myrrh, bay laurel leaves and cooked plantain leaves are all good natural antiseptics.

Backache—Suffuse any of the mints or spikenard root, crushed, in a natural vegetable oil for several days. Strain and keep on hand for a massage lotion. The Cherokee Indians drank spikenard root tea as a cure for backaches.

Boils—Apply comfrey leaves as for abrasions, or use crushed yellow dock roots, a favorite of the Teton Dakota Indians.

Burns—Aloe vera cactus leaves, broken open, emit a viscous liquid that aids healing remarkably. If this is unavailable, try cider vinegar diluted with water or yarrow tea, right on the burn.

Chapped Lips or Hands—Apply castor oil or equal parts of glycerine and lemon juice. The latter may be scented with rosewater, if desired.

Insect Repellents—The oils of pennyroyal, any of the mints, or cedar all repel insects. The Cherokee used golden seal root crushed in bear fat for this purpose.

Insect Stings and Bites—Baking soda, a slice of raw onion, plain mud or mud with tobacco mixed into it, garlic juice, honeysuckle flowers chewed up and directly applied—people swear by all of these remedies. The effectiveness of any of them depends on how soon after being bitten you apply them.

Sunburn—Aloe vera plant, apple cider vinegar and water, or anything with tannic acid in it (like commercial tea).

And just to soothe yourself, try *H. J. Herbal Salva.* Take equal parts of the following herbs: angelica, basil, mint, pennyroyal, valerian, stinging nettle. Put all in a small pot, and pour over them white wine until just covered. Cook slowly until the herbs are soft and the wine has boiled almost away. Mix in enough melted beeswax to make it thick as salve.

—Billy Joe Tatum

MEDICINE IN THE FOREST PRIMEVAL

When man first set foot on the Western Hemisphere "in the fog of creation, in the mists of potent growth," as the Zuni Indians described it, he saw before him a land covered with flowering plants and towering trees growing in rich, soft soil. The retreat of the Great Ice Age left behind it a green continent exploding with life and color—a veritable garden of Eden full of botanical delights.

This vast array of wild plants, shrubs and trees provided the Indians with much more than food. They found in these herbs mysterious healing properties for almost every physical ailment to which they were vulnerable. They experimented and learned the virtues of each plant as they traveled the wide expanse of a new continent.

In time, this extensive knowledge of indigenous plants became the special property of the medicine men who ministered to the physical and spiritual needs of their people. But herbal lore was common knowledge among most Indians whether they were medicine men or not. For simple remedies not requiring the special skills of the medicine man, they could go out in the field, collect the correct herb and prepare it themselves.

And as the early white settlers who first encountered these so-called "savages" using strange herbal brews were to learn, most of these herbal remedies seemed to work.

Even in the later colonial era of America, according to Virgil J. Vogel, author of AMERICAN INDIAN MEDICINE (University of Oklahoma Press, 1970), the value of Indian methods was still appreciated. Dr. Benjamin S. Barton, a botanist and member of the medical faculty at the

University of Pennsylvania, delivered an address in 1798 to the Philadelphia Medical Society. To him it was "obvious, that the Indians of North America are in possession of a number of active and important remedies." Strongly favoring the investigation of Indian remedies, Dr. Barton encouraged his colleagues to remain open to the validity of Indian medicine: "What treasures of medicine may not be expected from a people who although destitute of the lights of science, have discovered some of the most inestimable medicines with which we are acquainted?"

Another well-known 18th century figure, John Wesley, was so impressed by the health of the Indians he met in Georgia that he praised their medical practices in his book, PRIMITIVE PHYSIC. He argued that men of scientific learning had set experience aside "to build physic on hypotheses, to form theories of diseases and their cure, and to substitute these in place of experiments." He lamented the estrangement of medical practice from the people and called for a return to medical practice as "a plain, intelligible thing, as it was in the beginning." He felt the need was not for strange chemicals, exotics, or compound medicines, but merely "a single plant or fruit duly applied."

Wesley's attitude may sound simplistic today, but years later many of those common herbal remedies were included in the UNITED STATES PHARMACOPEIA, the official source book of medicinal products. At one time or another, almost 200 drugs from indigenous plant sources that were used by the Indians were included in the PHARMACOPEIA.

INDIANS' HERBAL KNOWLEDGE EXTENSIVE

Not only did the Indians know the names and uses of almost all the plants growing in their locale, but they were also expert at gathering and preparing plants for herbal remedies. Timing was very important in order to collect the plant at its peak of medicinal quality. Roots of such trees as the sassafras and prickly ash were dug before flowering in early spring. After the roots were cleaned by shaking or washing, they were then either dried or used in their fresh state. Biennial or perennial herbs were gathered in late fall when growth had ceased and plants were storing nutrients for the winter. The bark of trees was collected during winter or early spring when it could be easily stripped from the trunk. Leaves were gathered before blooming and dried in the shade away from dampness. Flowers were gathered when first opened and fruits at the time of maturity.

The usual means for preparing plants for internal use was by making a decoction, or brew. The necessary parts of the plant were gathered in advance, dried, and then boiled in water, usually one part plant to about twenty parts water. Decoctions were normally taken only once through the course of an illness and the dosage was about one pint. However, the Indians were cautious in the use of these brews.

All tribes recognized that certain medicines could be harmful if not taken in the correct dosage or form. For example, leaves of the common

jimson weed were used as a sedative and a pain reliever and made into an ointment for burns and scalds. But when taken internally in large quantity, the effect was dramatically different.

Cotton Mather, the Puritan preacher of colonial days, described the narcotic effects of jimson weed in the CHRISTIAN PHILOSOPHER. He portrayed men who would "become fools for several days; one would blow up a feather in the air, another sit naked, like a monkey, grinning at the rest; a third fondly kiss and paw his companions, and snear in their faces. In this frantic state they were confined, lest they kill themselves, though there appeared nothing but innocence in all their actions. After eleven days they returned to themselves, not remembering anything that had passed."

Jimson weed is considered poisonous today because it contains atropine, an alkaloid which can cause poisoning and death in high dosage. The Indians, though, avoided most side effects by taking certain precautions during treatment. They apparently knew just how much of a certain plant would be safe and how much would be toxic. They avoided the harmful effects of some remedies by abstaining from certain foods and liquids for several days following treatment.

However, the majority of these herbal remedies were safe, and some proved to be extremely useful to the white settlers who could no longer rely on the imported remedies from Europe and England.

FEWER CHRONIC AILMENTS

While the Indians found remedies for everything ranging from scarlet fever to colds, they had fewer physical problems to worry about than we do today.

Due to a good general state of health and a physically active life, "neurologic and psychic disturbances, heart disease, arteriosclerosis, and cancer were rare" (AMERICAN INDIAN MEDICINE, Vogel, 1970). The most common physical maladies were rheumatism, arthritis, dysentery and other digestive disorders, mastoid infections and respiratory ailments, "but disorders caused by vitamin and mineral deficiencies were uncommon and were localized." They were also spared from most of the common infectious diseases such as typhoid, cholera, diphtheria, smallpox, and venereal disease before the arrival of the whites.

The practice of Indian medicine was not always rational, and encompassed the idea that many diseases had supernatural causes. Yet, the Indian PHARMACOPEIA, though not in book form, was a relatively unified body of knowledge when the white man first arrived.

Unification stemmed from convocations of medicine men from distant tribes who met to exchange information and improve formulae, something like a modern day AMA convention. Each herb could have a wide range of uses. For example, joe-pye weed, named for an Indian doctor who claimed to be able to cure typhus with it, was also used as an aphrodisiac by the Meskwaki Indians. A variety of remedies was

necessary. One herb might be out of season or unavailable in the particular area where the tribe lived. Many herbs were dried in advance and stored for later use to insure against such a shortage.

From the wealth of nature came thousands of remedies that sound strange and crude today, but they formed the basis of primitive medical lore. A renewed interest in folk medicine has sent researchers to the last outposts of Indian culture where many of these same remedies are still used as they were over 200 years ago. One of these folk cure seekers who rambled through the West talking to old-timers and Indians was Virginia Scully, author of A TREASURY OF AMERICAN INDIAN HERBS (Crown, N.Y., 1970). Her research uncovered a myriad of herbal and other natural remedies which she lists in the "Maladies and Medicines" section of her book.

For rheumatism and arthritis which plagued many tribes exposed to inclement weather, steam bathing, warm teas and sweatings were used. The most valuable treatment, though, came from the aromatic oil of wintergreen leaves, a small shiny green perennial, which contains methyl salicylate. The oil was rubbed into the affected area for quick relief. This remedy was adopted by white settlers who would soak a piece of flannel in the oil and wrap it around the aching joint.

WITCH HAZEL AND VITAMIN SUPPLEMENTS

Another common remedy borrowed by the white settlers was witch hazel, a large shrub. When inflammation and swelling occurred, the boiled leaves were applied or a type of witch hazel liniment was used. The most practical method for continual treatment of such skin eruptions or sores was the poultice. To make a poultice, the necessary plant part was boiled to a soft mass, spread on a cloth and laid over the infected area to supply warmth, relieve pain and reduce swelling. In 1850, witch hazel was given credit by the American Medical Association for the treatment of piles, internal hemorrhages and eye inflammations.

Aside from external treatments, the Indians also learned what their bodies needed for the maintenance of good health. They often went through long winters without fresh vegetables or fruits. Scurvy, a deficiency disease caused by the lack of vitamin C, was not part of the Indian's vocabulary, yet they knew how to prevent this condition by making a tea from the leaves of a common conifer, black spruce. Historical accounts of white explorers who were saved from scurvy by the Indians indicate that Europeans had to learn this preventive measure from them.

Another deterrent to scurvy was the fresh bulbs and green shoots of wild garlic. This plant provided both food and medicine. Its medicinal uses included relief of flatulence, worms, bronchitis and headache. To prevent diphtheria, a garlic necklace was worn. Many of these uses were effective because of the powerful antibacterial agent garlic possesses. A close relative of garlic, the onion, was used for centuries by the Indians for almost every ill. For colds, onion juice was sniffed to open the

nostrils. Coughs and asthmatic complaints called for a syrup of boiled onion water and honey. For the "flu," the body was covered with ground onions, and wrapped up in blankets to encourage sweating.

Two of the most widely used herbs—though they are actually trees—were sassafras and prickly ash. Sassafras is a native North American tree which became one of the chief exports to England when the British discovered its virtues. The Rappahannock tribe of Virginia drank an infusion—a kind of tea—of sassafras roots to lower fever and to bring out the rash accompanying measles. The tea became an important tonic in domestic medicine to purify the blood, lower blood pressure and to promote sweating during colds. Seminole Indians used sassafras for coughs, gallstones and pain in the bladder.

Hantola or prickly ash was a widely prescribed Indian medicine. The pulverized roots and bark were chewed to relieve the pain from toothache. The Southern variety of this tree was known as the "toothache tree" because it was so effective. The decocted roots were useful for stomach upset, rheumatism and gonorrhea. The Menominees also used the ripe berries which were boiled and made into a medicine for bronchial disease.

HERBS FOR KIDNEYS AND BOWELS

Kidney and bladder ailments plagued many wandering Indian tribes, especially when they were forced to travel for days without fresh water. For relief, they utilized asparagus and dandelion as diuretics, agents that increase the volume and flow of urine. The fluid extract of the large, fleshy root of dandelion was given as a tonic and for the relief of kidney ailments as well.

One of the best-known plant medicines came from a small tree which early Spanish priests named *cascara sagrada* or "sacred bark." As an effective laxative for habitual constipation, an extract of the bark was used. THE UNITED STATES DISPENSATORY notes that " it often appears to restore tone to the relaxed bowel and in this way produces a permanent beneficial effect." Small amounts were taken several times a day to regulate the action of the bowel. When collecting the medicine, the Indians would strip the bark from the trees in spring or early summer and age it for several years before use.

The list of herbal remedies could go on and on. Were these primitive remedies truly effective? While scientific research confirmed the active medicinal properties of many plants years after the Indians began using them, others were said to be useless. What we do know is that the American Indian discovered and used many beneficial plant drugs without the facilities of a modern pharmaceutical laboratory.

Today, while modern Americans have exchanged natural remedies for synthetic, large parts of the world have not.

In China, herbal medicine has been used effectively for centuries. Thousands of herbal remedies have been carefully recorded and coded to form the respected science of botanical medicine. An American

physician, Dr. E. Grey Dimond, was so impressed with the use of herbal medicine after his second visit to China that he predicted it would become another important medicinal import from China along with acupuncture. In an interview he emphasized that "this is not a cult—a lady with tea leaves—they have had 4,000 years of a pragmatic human laboratory" (INTERNATIONAL HERALD TRIBUNE, September 14, 1972).

Hopefully, such Chinese-American exchanges will provide the impetus for further investigation of Chinese traditional medicine as well as our own rich heritage of Indian herbal remedies.

Dr. Li Huan-Hsin, Director of the National Research Institute of Chinese Medicine, summed it up when he said that herbal medicine "is like a huge mine in which precious stones are deeply buried. On the surface it seems unworthy to even glance at it. If you are far-sighted, however, its exploration would be a worthwhile investment."

—Jennie Laughing Cloud

BRIGHTEN YOUR LIFE WITH HERBS

BE AN HERBALIST!

That's the message I bring you. We will explore the vast world of plant resources all around us—plants that could be used to make us happier and healthier but are now being largely ignored because too many people are plunged into an unnatural way of life, disconnected from nature and its rhythms.

First, we should define terms. An herbalist, according to the dictionary, is someone who gathers or collects herbs. That's not quite a broad enough meaning to suit our needs. When I suggest that you become an herbalist, I mean that you should not only know how to collect herbs, but also know how to use them for a wide variety of purposes. But proceed cautiously! Have a respect for the potency of plants, and base your studies of herbalism on facts. Not all plants are helpful or even harmless, by any means. Some can have extremely dramatic effects, which should serve as a warning and also as proof that herbs can be useful. They should not be dismissed as superfluous relics of the past.

The essence of herbalism is to know how to use (mainly for health improvement) a large number of different plants. Well over 120,000 different species of higher plants are known to exist, and more are being identified every year. Each one of those many thousands of plants is different in some way, and the great majority have a unique biochemical makeup. In the tapestry of plant cover over the earth is a great storehouse of natural compounds that can be put to constructive use.

Years ago, when people lived closer to the land and didn't have the money to buy medicine every time they were sick, there was widespread use of this living "drugstore." Although few people knew anything of the chemistry of plant compounds, there was a large reservoir of awareness that each plant was different in some way, and that the special character of different plants meant they could be put to use in a variety of ways. Today, we still rely heavily on plants, but mainly for food and fiber and less for convenient natural chemical mixtures. We know more and more about fewer and fewer different types of plants—such as grains, beans, forage plants and trees for lumber and paper pulp. The drive for quantity production from plants has replaced the gentle awareness of plant variety and usefulness that was typical of past times.

Herbalism, therefore, is a wide-open frontier awaiting our re-exploration. The plants that made up the natural medical culture of our past are still there, although not always in the same quantity. They have not become extinct! We are free to go out into our yards and collect them (some of the most useful are "weeds"), or we can wander into wild areas to look for special types. And of course we can grow them in our gardens, or buy them from dealers.

Why do that, though? Why bother to make friends with the plants again, when we can say hello to the druggist down at the shopping center and get some pills that will relieve our symptoms? I have done some thinking about that and here are my reasons. You can probably add a few reasons of your own to this list:

1. Herbalism is enjoyable. The flavor of many healthful herbs is superlative. For years I have been talking about how good peppermint tea is as an after-meal beverage—and how it helps to encourage the digestive processes too. Now I have found a few things that taste even better. Ginseng tea, for example, has a wonderful taste and has the unique property of tasting better with each sip. Without sugar or honey, the first sip may taste a little strong, but as you drink more your taste buds change gears slightly and you finish the cup wishing for more. Many herb tea blends also have great flavor.

Some herb medicines taste so good they almost make you enjoy being sick. The herbal brew for a sore throat that I was given in China by Dr. Sheng Lui-Chi is in that category. Deep, dark and rich, it tasted like the kind of medicine that you just knew had to be doing you some good. The flavor is so potent that you wouldn't want to drink it unless you needed it. But the taste is unique and will stick in my mind for a lifetime.

Other herb medicines are downright fun to use. In that category is the seed of an Indonesian tree that the Chinese call *pon ha tai*, used to make a tea that soothes throat ailments. In dried form it looks like a withered olive, but put it in hot water and within minutes it spreads out many tentacles and turns the water into a brown tea. Watching the seed expand is almost as enjoyable as seeing a special on TV. Despite the odd appearance, the tea tastes fine and will soothe your throat.

That's just a tiny sample of the flavor and fun you can have with herbs, because there are thousands available and each one has its own unique taste and character. Herbs are sociable, too, because once you start down the trail to herbalism you'll be exchanging ideas with your friends and telling them about things that have been particularly enjoyable or helpful to you.

2. Herb study increases your interest in nature. People who live in cities and city-like suburbs are gradually losing their powers of observation. The things they have to look at have a drab sameness and lack of interest. The cars all look alike, buildings no longer have much individual character, stores are the same in all the shopping centers, and there's not much need to look at food because it comes in standard boxes or is wrapped in plastic. Worst of all, the need to exercise powers of observation to live successfully is declining, because everything is becoming so pre-packaged and standardized.

Herbalism can change all that, by giving you an exciting new reason to want to learn how to become observant. Plants are almost perfect things to look at. They are beautiful, numerous, variable, changeable with the seasons, and don't fly away like birds just when you get close. You can clip off a leaf or twig to bring home for further study, and can even bring whole plants into your home or apartment to live with you. They can become your friends as well as your health helpers!

Once you start improving your powers of observation by identifying healthful plants, you'll find your horizons expanding in other ways too. Start the habit of wanting to know exactly what is around you and you'll find that the world takes on a new and more interesting character. A walk will not be just an exercise in putting one foot in front of the other, but a passage through an environment that has real meaning for you.

3. In their small way, herbs help solve the energy crisis. Have you ever thought about how much oil or gas is needed to make a bottle of aspirin tablets or other drugs and to get them to you by way of a wholesaler and a retail store? I can't give you an exact figure, but it's considerable.

Herbs, by contrast, tap the energy of the sun, and often are available free for the asking. If everyone used herbal medications widely, we would make our reserves of energy go further. That's good, especially when costs are rising as they are now.

4. Historically, herbalism has been safer than regular medicine, and there's little reason to believe it is not safer today. Clive McCay, the outstanding nutrition researcher at Cornell, once commented that if he were sick 200 years ago, he would have much rather been treated by an Indian medicine man than the best regular doctors of the day. The doctors would have cut into his veins and drained his blood, while the medicine man would have prescribed herbal remedies and said a few chants. Certainly, the medicine man's approach was safer and more constructive.

Medicine has undergone many changes in the 200 years that McCay speaks of, and it is now based on more logical principles. The education

of doctors is better, and the knowledge with which they work is much more precise. Yet there is still a great degree of danger in modern medicine. Far too much needless operating is done, and strong drugs with potential for dangerous side effects are prescribed too freely. Even worse, medicine has still not figured out an effective way to promote health in the long run, by encouraging people to do health-building things for themselves before they get sick. There are too many people who have been conned into thinking that heart transplants and similar showy medical effects are the key to a better way of life. They aren't, and never will be.

Herbalism steers a much more moderate course, and works with materials that have a far greater margin of safety. The basic philosophy of herbalism is to help the body to heal itself, to gently stimulate the inner workings of the whole organism to create an environment in which the body's natural healing mechanisms can work effectively. Time is as much a part of the herbal process as are the herbs themselves.

We still need technological medicine. It is wrong to avoid seeing a doctor when there is a possibility of serious illness. But herbalism and modern medicine can be used together by almost anyone who is willing to learn and accept more personal responsibility for health. The marriage of the two techniques will create far better results than the current tendency to "let the doctor do it." That approach is leading us to health bankruptcy.

5. Herbs are a fine source of trace elements that are perhaps unavailable in any other convenient way. They provide important nutritional benefits that can help you prevent disease. Euell Gibbons makes this point excellently in his book *Stalking the Wild Asparagus:*

"It is in the field of nutrition that the wild herbs show greatest promise," Gibbons says. "While it is true that comparatively few of the wild food plants have been tested for nutritional properties, the results from those tests seem to indicate that there are real treasures of vitamins and minerals among the wildings. This is not surprising, for we should expect that plants growing under natural conditions, neither forced nor sprayed, eaten fresh from the fields with a minimum of processing, would be rich in nutriments. It is the vitamin and mineral content of the wild herbs that gives them their greatest curative powers, and these are better taken as food than as medicine. This does not deny that there are times when the body needs certain drugs to restore it to normal activity, but even these can often be taken in the same way. When I eat a large helping of greens to relieve constipation, drink a glass of blackberry juice to correct diarrhea or the water from boiled asparagus as a diuretic, it is their drug content I seek, as well as the fortifying vitamins and minerals they contain."

Research now under way should soon pinpoint those herbs which are exceptionally good sources of trace minerals. We already know that alfalfa is in that category, mainly because its roots penetrate deeply into the soil, where stores of minerals have not been depleted by cropping.

But more precise information is needed about other plants, and when it becomes available we can look forward to remarkable new benefits from a greater use of special plants.

6. Finally, herbs really do cure, and many times they are more effective as curative agents than synthetic drugs. There can be absolutely no argument about the power of some plants to heal. Quinine, digitalis and lobeline sulfate are examples of herb derivatives that have become standard medicines, because they are so effective. There are many more. In fact, the drug companies have long used herbal lore as a source of inspiration for the development of new drugs.

Thanks to the acupuncture revelations and the opening of China, Oriental herbs are now being more closely examined by pharmaceutical scientists. Several drug companies have employed traditional Chinese physicians to impart their knowledge of herbs to drug scientists.

Drug companies are not interested in popularizing herbalism, though. They are looking for useful plant substances that can be synthesized chemically and sold at high prices as proprietary drugs. The old days when botanical drugs were used widely have passed. It is usually much cheaper for drug companies to synthesize compounds that are imitations of plant drugs.

The fact that modern pharmaceutical scientists study herbs and copy their chemical structure is reinforcement of the claim of the herbalist and herb doctor that herbs really are effective in building health, however. We should recognize that the process by which herbs have come into common use is not scientific. It is the result of trial and error over a period of thousands of years by people of a variety of cultural backgrounds. When they got sick, or when they felt the need of a tonic, primitive peoples tried various plants at random. Some didn't work, and some were poisonous. But some did help to solve problems, and their lore was passed from generation to generation by word of mouth.

Things can be good without being scientific, though, and that is the case with our herb culture. There is more than one way to skin a cat, and there is also more than one way to get better when you are sick. It could be that there is the scientific way, and the right way. Or you could say the chemical way, and the natural way. Choice of terms may not be too important. It is the idea that counts.

Anyway, those who prefer to get their health by technological ways may be happy to know that herbalism is absorbing much value from modern science. The scientific effort to find out exactly why herbs work is good. Also important is the study of trace elements in herbs, and the growing effort to identify the completely safe herbs. While most herbs are extremely mild and totally beneficial, there are some that do cause side effects and we want to know which those are.

There is a great future for herbalism, and I'm sure that anyone who expands his or her herb consciousness will discover important benefits. Not the least of these benefits will be a new feeling of freedom from the clutches of the medical Establishment, with its constantly rising charges

and growing record of failure to correct many health problems. The life-long use of herbs in a modern, intelligent way can be an important step toward creating a healthier and happier life.

SIX POPULAR HERBS

Chamomile has bright yellow flowers that have been used through the ages as a treatment for cramps, flatulence and other gastrointestinal disorders.

Rose hips are the orange-red seed of the rose, a rich source of vitamins C and P (bioflavonoids). Powdered rose hips make a delicious tea.

Dandelion has long been considered helpful in complaints of the liver and gall bladder. The leaves and roots are often used in salad.

Goldenseal is one of the most popular of herbs. The root makes a bracing tea which Indians also used as a wash for skin diseases.

Sassafras is a tree that grows in stony places. Its leaves and pith, an indispensable ingredient of New Orleans gumbo, are considered a blood purifier.

Comfrey leaves boiled in water are valued as a wash for skin disorders. The roots, which contain allantoin, are considered even better.

HOW TO GROW GREEN

Herbs can make soothing, delicious teas, poultices to ease pain, and lots more.

Three thousand years ago, the Greeks in their wisdom were using comfrey, and it wasn't long before it was entered into the very earliest catalogues of medicinal herbs.

Three hundred years ago, the great Elizabethan herbalist Culpeper listed comfrey among the most effective natural healing agents.

Three years ago, Mrs. Ben Campbell of Veneta, Oregon, decided to try applying a comfrey dressing to painful varicose veins that had troubled her for 13 years, threatening to immobilize her. Where countless doctors and remedies had failed, the herb succeeded. Comfrey "worked wonders," related Mrs. Campbell in a letter to our Mailbag, happily back on her feet.

Medicinal plants, of which comfrey is but one of many, are truly herbs for the ages. Down through the centuries they have served the rich and the poor, the sick and the lame. Today their qualities are still available to those who will take the time to explore. Your own introduction to medicinal herbs, for example, can be as close as your backyard. Right there, just a few short steps from your kitchen, you can plant a miniature herb garden that will be as useful and educational as it is decorative and fragrant.

What does it take to get started growing medicinal herbs? One thing it doesn't take, fortunately, is a green thumb. "Herbs are generally very easily grown and require less watering and attention than most other plants," writes herb-growing and landscaping expert Marion Wilbur in

THE RODALE HERB BOOK (Rodale Press, 1974). "The natural, internal chemistry that produces volatile and aromatic oils, resins and tannins also renders them relatively immune to insect attack."

All you really need is a small area (five feet square is ample) that gets plenty of sunshine. The soil doesn't have to be especially fertile—most herbs are hardy "weeds" that can survive under Spartan conditions—but it should at least be well-drained. And keep the real weeds out so your plants have a chance to grow and thrive.

If just the prospect of spending some time weeding is enough to give you a backache, then plan to put down a nice, thick protective cover of mulch around the herbs—straw, leaves, grass clippings, whatever's handy. Mulch will choke weeds before they can get started, and make your herb garden truly carefree.

But what will you plant? To an outsider, the world of medicinal herbs is a labyrinth of strange-sounding botanicals. Names like snakeroot, pipsissewa, hound's-tongue, elkweed and wake-robin sound like plants that would hardly be expected to grow this side of the Enchanted Forest, let alone in captivity in a suburban yard. To keep things simple, we suggest that you begin with just three basic medicinal herbs: chamomile, comfrey and garlic.

CHAMOMILE—THE SOOTHING, DELICIOUS HERB

Chamomile is perhaps best known for its apple-like fragrance and flavor. It is a low-growing, creeping or trailing plant whose leaves give it a feathery appearance. The flowers resemble daisies; there are large yellow center disks surrounded by creamy white petals. Chamomile is sometimes called the "herb of humility" because it seems to grow best when it's walked on. In England, it was planted as a fragrant lawn.

For centuries, chamomile has been grown for its value as a household medicine. A tea brewed from the flowers was said to cure many ills. First, it was a natural antispasmodic, capable of relieving or preventing muscle spasms and cramps. Chamomile was also recommended as a general pain-killer, a tonic substance with great invigorating powers and also a stomach medicine, for soothing the digestion.

Today chamomile tea is still relied upon by many people as a natural relaxant and sedative. Its ability to calm the nerves and bring on drowsiness have made it a popular nightcap for those who might otherwise have trouble getting a full night's sleep. Some herbalists claim that the chamomile brew is a sure preventive of nightmares.

Chamomile can be started from seed in May, but the plants produced that way are usually single-flowered. For pharmaceutical purposes, double-flowered plants are preferred. To grow them, you should purchase a mature, double-flowered plant and, in March, divide it up into a dozen or more smaller plants by pulling apart the roots into smaller clumps. Plant each of them in rows 2½ feet apart, with a distance of 18 inches between the plants.

Chamomile doesn't require especially fertile soil, but you might want to add some dried cow manure (available at many lawn and garden centers) to insure an adequate supply of nitrogen.

When the plants bloom, you're ready to pick and dry flowers. Whether you're drying blossoms, or—in the case of many herbs—leaves and roots, you'll need an airy spot, away from direct sunshine. Spreading the materials to be dried on an old window screen is an ideal solution. That way air circulates underneath and all around the leaves or flowers, speeding the drying process.

To brew your own chamomile tea, bring a cup of water to a boil, drop in about two teaspoons of the dried flowers and allow to steep for about 10 minutes. Be sure there's a tight lid on the container, to prevent steam (and medicinal value) from escaping. Then strain off the flowers and enjoy a warm and soothing drink.

COMFREY—THE SUPREME HEALING HERB

The second herb for your garden is comfrey, the plant that both Culpeper and Mrs. Campbell found so remarkable. Rough and hairy all over, comfrey is a fast-grower that stands erect and tall. Some varieties tower to five feet or more, but you can expect a plant two to three feet high. The roots are white and juicy, and grow deep down into the soil where minerals are concentrated.

During the Middle Ages, comfrey was a popular remedy for mending broken bones and battle wounds. It earned the name "knitbone" because of the ability of its leaves, when applied directly as a salve, to reduce swelling around fractures and promote bone union. A decoction made by simmering an ounce of ground comfrey root in a quart of water for 30 minutes was taken internally to treat dysentery, diarrhea and stomach ulcers. As a remedy for bleeding hemorrhoids or other internal bleeding, one-half ounce of witch hazel leaves was added to the preparation. Comfrey root tea has long been used to treat lung problems and whooping cough. In parts of Ireland, comfrey was eaten as a cure for circulation troubles and to strengthen the blood.

Modern science has discovered that comfrey is a rich source of calcium, potassium, phosphorus and trace minerals. The leaves contain sizable amounts of vitamins A and C. Surprisingly, the plants also contain some vitamin B^{12}—usually found only in animal sources. Medical researchers have found that comfrey contains allantoin, a cell proliferant that can strengthen skin tissue and heal ulcers. So it would seem that comfrey's reputation as a healer rests on much more than historical legend.

Ordering root cuttings through the mail is by far the cheapest and best method to start raising comfrey. Plant cuttings about 2½ feet apart, three to six inches deep. Few growers have any success at all raising comfrey from seed. Once established, however, comfrey thrives in almost any soil or situation, although it does like added limestone or powdered

dolomite. The plant is a hardy perennial whose roots can withstand temperatures as low as −40 degrees F. Keeping comfrey alive is no problem, but eradicating it is. A new plant will arise from the smallest portion of a severed root left in the soil.

The tender first leaves can be used as salad greens, or can be boiled and eaten like spinach. The leaves are slightly fuzzy though, so you'll want to chop them into tiny pieces if you're adding them to salad. Another possibility: run one or two fresh leaves through the juicer and mix with vegetable cocktail or tomato juice. Or you can make comfrey tea by adding one teaspoon of dried leaves to a cup of boiling water.

Larger, older leaves are coarse and unpleasant for eating. But they can be dried for use in teas or even ground up and added to bread or muffins. Harvest these leaves just before the plant blooms. Cut the plant with a sickle or knife when the leaves are 12 to 18 inches high, leaving a two-inch stub. You'll be amazed how quickly the plant will grow back.

Comfrey leaves can be applied as a soothing poultice to cuts, boils, burns, abscesses and ulcers. Beat the leaves into a soft mass, heat and spread on a clean cloth. Then apply the dressing directly to the tender, inflamed area.

If you have no further use for a particular plant, the roots can be dug out and dried for winter use in teas, also. Clean them carefully and then dry slowly in the sun, turning often. The dried roots can also be powdered and then dissolved in water to form a mucilage that is applied directly to bruises, sprains and insect bites. A wash made of comfrey root boiled in water is reportedly beneficial for poison ivy, eczema and other skin conditions.

GARLIC—A NEARLY ALL-PURPOSE REMEDY

Our third suggestion for your medicinal herb patch is garlic. You may not have thought of this strong-smelling relative of the onion as being an herb at all, much less a medicinal herb. But garlic's reputation as a health-giver goes back to the ancient Egyptians, Greeks and Romans. An important part of the diet of the slaves who labored to build the pyramids, garlic has long been regarded as a protector against infection and disease.

Medically, garlic is a diuretic, stimulant, expectorant and sweat-promoter. For centuries, it has been a common European remedy for colds, coughs and sore throats. During the seventeenth century, garlic was credited with protecting many European households from the ravages of the Great Plague. In New England during Colonial times, garlic cloves were bound to the feet of smallpox victims. Cloves were also placed in the shoes of whooping cough sufferers. For intestinal worms, raw garlic juice or milk which had been boiled with garlic was often drunk. There are reports that tuberculosis cases have been successfully treated by having patients inhale freshly expressed garlic juice diluted with water. A clove or two of garlic, pounded with honey and taken two or three nights successively, is good for rheumatism, herbalist lore tells us.

In World War I, garlic was used as an antiseptic in hospitals. Pads of sphagnum moss were sterilized, saturated with water-diluted garlic juice, wrapped in thin cotton, then applied as bandages to open wounds.

More recently, doctors found that garlic opens up blood vessels and reduces blood pressure in hypertensive patients. And Polish scientists have discovered that bacteria, including staphylococci, which resist other antibiotics, succumb to a pulverized garlic preparation. Soviet scientists have isolated the pharmaceutical substance in garlic that serves as a natural antiseptic. It's called allicin. And because allicin is found in garlic's volatile, essential oil, we now know that the herb's strong-lingering odor and health-giving properties go hand-in-hand.

Garlic is easy to grow, but it requires a fairly long growing season. As early in the spring as possible you should buy some garlic bulbs, split them into cloves (there are usually eight to 12 cloves to a bulb) and plant each one separately. Plant the cloves about two inches deep (pointed end up) and six inches apart, leaving a foot between rows. Garlic will grow in most any sunny spot, but it prefers moist, sandy soil. A dressing of well-rotted manure is helpful. Keep the weeds out, and you should be gathering the pungent bulbs by late August or September. After harvesting, braid the stalks together and hang up to dry.

Try using your own homegrown garlic in salads. The cautious can start off by simply cutting a clove and rubbing it around the inside of the salad bowl. That way the garlic flavor will be absorbed by the greens and oil, but in a mild form. Also, try finely chopping a clove and adding it to soup.

The more adventurous (or those who have become accustomed to garlic's strong flavor) can add garlic directly to lamb, mutton or pork. Skin a few cloves and insert them in incisions made in the meat, for extra flavor and tenderness. For another strong concoction, try making your own garlic butter by blending together a quarter pound of softened butter and four pulverized garlic cloves.

Beginning with just these three plants—garlic, comfrey and chamomile—you can start experiencing the fun and rewards of herb-growing. Of course, there are hundreds of other herbs, both rare and common, waiting to be discovered. But that can come later—assuming you find that herb-growing is really for you.

For more information about the world of herbs, you might want to read either M. Grieve's A MODERN HERBAL (Dover edition, 1971), a classic two-volume set originally published in 1931, or THE RODALE HERB BOOK. You're just liable to find yourself hooked for life on a fascinating and healthful hobby.

THREE GREEN HERBS FOR AN EARLY TASTE OF SPRING

Coriander, green garlic and parsley can brighten up your favorite recipes— all the tastier when you grow them yourself.

Try a lacy planting of coriander in your herb garden this year, suggests Barbara Jean Vaughn of Dugway, Utah. It grows one to two feet high if allowed to mature, and produces lacy leaves and smallish pink or white flowers. It is lovely hanging in a basket like they did in ancient Babylon. Though a native of Southern Europe and Asia Minor, it now grows wild in many parts of the United States as a result of cultivation techniques.

Coriander should be planted in a sunny location in early May or as soon as the last frost is past (it is not frost hardy). A rich, well-drained garden loam is best, but be careful as too much nitrogen will make it take longer to ripen and will lessen the yield. Seeds should be planted one inch deep and one inch apart in rows separated by 15 inches. Be sure to keep the soil damp until the seeds sprout. You may begin taking cuttings when seedlings are four to six inches high. Cut only the tip leaves and side stems so that the plants will continue to flourish.

The oil of the plant (coriandrol) is highly aromatic, and is commonly found in many hot curries and sauces. It is an essential ingredient of the true Indian curry. However, its main commercial use is to mask the unpleasant flavor of certain drugs. Coriander fruit, or seed as it is erroneously known, is used to flavor candy, soups, sauces and beverages.

But the best part of the plant is the fresh young leaves, used to complement strong and spicy foods.

The leaves have a taste that suggests a combination of lemon peel and sage, or caraway and cumin. Try these recipe favorites from Mrs. Vaughn to become familiar with the possibilities of this exotic herb.

HEART OMELET

Melt one tablespoon of butter in an omelet pan. Mix three well-beaten eggs, ¼ cup ground heart and one tablespoon of minced coriander leaves. Pour all at once into warm omelet pan. Season to taste with salt and pepper, coarsely ground. Cook slowly over low heat, turning once.

GREEN BEAN SALAD

Prepare two cups of fresh green beans and cook until tender. Cool one hour. Mix with one cup of drained kidney beans. Season with one tablespoon fresh chives and one tablespoon fresh minced coriander leaves. Serve with vinegar and oil dressing.

CHILI LA GRANDE

Heat ¼ cup oil. Saute ¾ cup onions, ½ cup green pepper and two cloves garlic. Add two cups of soybeans which have been soaked for several hours or overnight, along with one pound ground round, two teaspoons chili powder, four ounces tomato sauce, ½ cup water, two teaspoons salt, ½ teaspoon oregano and one tablespoon fresh minced coriander leaves. Simmer slowly for 15 minutes. Serve with a bowl of coriander for liberal sprinkling.

Two more green herbs, green garlic (the completely edible herb) and parsley, a traditional favorite, are musts for your organic kitchen. Devon Reay of Taunton, Massachusetts, has cooking with these down pat.

Many of the over 270 species of *allium*, the Latin word for garlic, are flowering house or garden plants, such as *Allium neapolitanum*, a very fragrant white garlic which is a fine pot plant, and *Allium ostrawskianum*, which produces carmine blossoms on 8- to 12-inch stems. This red garlic originated in Turkestan, and like all garlic, does best in well-drained light soil that is not too rich. Fortunately, this exactly describes the earth along our south foundation that has been fortified with crushed, aged-in-earth eggshells.

The garlic we grow in the vegetable garden in summer and fall, and in bulb pots in the pantry during the winter and early spring, is *Allium sativum* which we raise for its foliage, although the entire plant from top to roots is edible. The fresh-cut, chopped green garlic spears improve and accent soups, stews, salads, moussaka, pot roast, baked lamb, steamed bulgur and yogurt dressing. You can use green garlic in place of garlic in sweet-sour chicken and other dishes that include the garlic clove, but be sure to use a little more. And if you like chicken livers, you will love them flavored with green garlic.

For any chicken liver recipe you need dark, firm, fresh livers, from an organically raised chicken if possible, for these will not be off-color and crumbly like the livers of many commercial birds. To prepare green garlic livers, you will need some second-day chicken broth made by simmering in a pint of water a chicken carcass almost bare of meat with chopped celery, sliced onion, a whisper of herb compatible with chicken (such as sage), fresh-ground black pepper, a very small amount of salt, and perhaps a few slices of dried mushroom. Take this broth from the refrigerator, add at least two teaspoons of chopped green garlic and half a sliced onion. Bring to a boil over moderate heat in an enamel saucepan.

When it starts to boil, drop in half a pound or more of firm chicken livers with any bits of fat cut off. Simmer over low heat till the livers are firm all the way through—for more than ten minutes. Remove from fire, and allow livers to cool in broth. When room temperature, lift from liquid, drain, and chill in refrigerator till meal-time. To serve, slice thin, escort with steamed bulgur, thin slices of salad onion and radishes or whatever is in season. For dessert, organic cantaloupe or fresh ripe pineapple.

BULGUR WITH GREEN GARLIC

½ cup bulgur, fine to medium
1 tablespoon olive oil
¼ cup boiling water
1 teaspoon minced green garlic
black pepper and salt to taste
2 tsp. red, sweet pepper slices, if desired

Heat bulgur in oil in a small skillet or stainless saucepan over low heat, stirring gently. After two minutes, add ¼ cup boiling water and stir till bulgur dries, then add green garlic, season, and if you like, add chopped slices of sweet pepper. Cover, let steam, but if it becomes dry within five minutes, add more boiling water. When done it will be light, fluffy and almost dry. Serve with cold, sliced poultry livers.

CHOPPED CHICKEN LIVERS

Soak six organic livers in ½ cup yogurt two hours; lift out, drain and dry. Saute in two tablespoons chicken fat over low heat until they are cooked through. Cool. Chop livers fine with one teaspoon green garlic and add one medium onion, chopped very fine, and two chopped hard-boiled eggs. Season with very little salt and fresh-ground black pepper, then mix with two tablespoons peanut oil.

Chill, serve on squares of Chinese cabbage, ovals of diagonally cut cucumber, kohlrabi slices or slices of mild onion. For variety, if you

happen to have ¼ lb. lean bacon, add it, chopped, to the livers before chilling.

A prize for the one green herb with the most uses and most famous history would have to go to parsley. Fish, potatoes, chicken and just about anything benefit from a few sprigs of parsley, minced or whole, fresh or dried. French dishes wouldn't look like French dishes without some fresh parsley sprinkled around the sides for decoration.

And that's not all. "There are interesting data on parsley—never be without it in your kitchen, and seldom omit it from sauces," wrote Iles Brody, the equestrian expert who said the two greatest ingredients of sauces are onions and parsley. Stating the herb's virtues, he mentions how parsley activates the appetite by stimulating the flow of saliva, thus aiding digestion. "It is also supposed to relieve stomach pains and to possess rejuvenating powers. It is high in vitamins A and C, and iron.

"A curious old French poem, 'The Retarding of Death,' cites parsley as a cause of longevity. The Romans thought parsley prevented intoxication," he said. This horseman also advised cooks to grow their own parsley so they will have a constant and reliable source of the fresh herb. "If you live in a small apartment, simply plant the seeds in window boxes and allow the sun to kiss the seeds to life." He did not mention that Roman charioteers fed generous amounts of parsley to their horses, to give them speed and stamina.

Parsley takes so little space and is so essential, it should be in every garden, even the smallest. One dozen healthy plants, set about six inches apart, require a bed not more than 18 by 24 inches. You don't even have to bother growing the plants from seed; nurseries and greenhouses sell boxes of sturdy little plants every May. You pay for a dozen but may get 15 plants, and they all grow fast and fill the bed so there is little room for weeds. Curly parsley is generally the only kind you find for sale, except at an herb grower. Plain parsley, preferred for its rich, aromatic flavor by many specialty cooks, isn't as easy to come by; you may have to grow it from seed.

The parsley bed should consist of loose soil—rich in organic matter—located in a sunny spot that does not lose moisture. Hardly anything bothers parsley, so you only have to keep it free of weeds while the plants are small. A dozen plants will produce so much foliage you can cut it daily from late June through October and never run short. One New England gardener I know always munches a few parsley leaves on his twice-a-day visits to the garden.

Most eggplant dishes include plain parsley—the two vegetables go together like tomatoes and onion. *Melintzanosalata*, an eggplant salad, includes half a cup of chopped fresh parsley; Armenian *moussaka* requires at least a tablespoon of plain parsley, minced. *Alla marina* sauce uses parsley, also sailor's potatoes—a simple French dish. The best parsley-eggplant dish we ever ate was in a little place in Providence, R.I. This is how we make it.

BAKED EGGPLANT WITH PARSLEY

One medium eggplant, firm, dark, glossy, stem cut off
One tablespoon parsley, chopped fine
One medium onion, chopped
½ to 1 pound lean ground lamb
At least ¼ cup olive oil
One teaspoon green garlic, chopped fine
One ripe tomato (skinned)
Fresh-ground black pepper
½ teaspoon salt
A whisper of powdered oregano
½ cup vegetable liquid (stock from celery, green beans, mushrooms, etc.)
One half a red sweet pepper, chopped

Slice your eggplant across, thin, (more than three slices to an inch), saute them in oil in an iron skillet over medium heat. Use enough oil so slices brown on both sides. Line the bottom and sides of a shallow, earthen baking dish, such as a deep pie pan, with the cooked slices as they are removed from the skillet. One-third to one-half can be reserved on a plate, leaving the skillet empty.

In the same skillet, gently saute the ground meat with the onion and garlic, stirring now and then. Add the skinned tomato, quartered, the pepper and parsley, and mix gently. Season. If you have fresh celery leaves, add them instead of the oregano.

Light your oven. When the ground meat shows no red, put the skillet mixture in the earthen dish on the eggplant slices, level the top and lay the remaining eggplant slices over this. You can grate Romano or Parmesan cheese over the slices after you pour in the vegetable stock. Place in a medium oven until the dish starts to bake—15 to 20 minutes.

HERBS, INSIDE AND OUT

A sensitive plant in a garden
grew,
And the young winds fed it with
silver dew,
And it opened its fan-like leaves
to the light,
And closed them beneath the
kisses of night.

Shelley: The Sensitive Plant

And all the while the sensitive plant was being fed with silver dew, it was also absorbing quantities of rich minerals in its leaves by pulling up nutrients from the soil, and manufacturing a veritable wealth of beauty ingredients in stalk, stem, and root.

There is more wizardry to be found in an herb garden than in the gleaming laboratories where modern chemistry creates cosmetics. Pots of fluffy, quickly drying and absorbing creams and lotions that come out of expensive bottles and jars cannot offer you the deeply stimulating elements coming from a living plant that has been exposed to sunlight, rain, and mineral-rich soil.

Any fresh pulled herb will contain far more life and beauty-giving properties than an inert mass of paste or foam. In the constant search for beauty and a sense of well-being, how is it that woman turned away from nature, which had so richly provided for her before?

Perhaps nature's way is too slow. And we usually want quick results, whether from a cake mix being poured from a box, or face cream dipped from a jar. Instant transformations, cures, and overnight magic is the usual aim. But this is seldom possible with nature and her healing and soothing processes. Nature, relied upon wisely and frequently, will in time produce her own dependable results. But patience is a prime ingredient of her perfect work.

Nature cannot put a bloom in a fatigued cheek with one application. Nor can she remove creases and lines that betray unreformed poor living habits. But on a rejuvenating program built around herbs, fruits, vegetables, and other products of the land, nature can indeed return beauty to a dulled appearance, especially when other aspects of good living practices are observed.

Leon Petulengro, a man whose mind is a treasury of gypsy lore, in writing a book about herbs uses the title, *The Roots of Health* (New American Library, 1968). He describes the methods of using common and uncommon herbs, weeds, and grasses in his book on the subject. It was by these methods his Romany clansmen successfully kept themselves healthy, youthful, and beautiful. Field and meadow offered an unending supply of berries, roots, and leaves with which to prevent ills before they occurred.

Once you start relying on green and growing things to add to your health and beauty, you will find there is real pleasure in the time given to making your natural cosmetics. You can venture outdoors and "shop" for ingredients within your own garden borders and rows. Mint can be picked glistening with moisture and be put into the blender with ice cubes on a hot summer day to produce a refreshing, stimulating skin tonic. A few leaves of dandelion become a wash for a discolored skin condition.

MINERALS COMBAT AGING

Using herbs for body beauty is a very practical method of getting sufficient mineral intake. As we know, life here depends upon plants transforming inorganic earth minerals into organic plant minerals. These more easily digested and assimilated forms of minerals assure us of health and vitality and they are vital to proper functioning of the body.

Dr. Benjamin Frank, noted physician and researcher into causes of aging as related to dietary practices, says trace minerals are necessary to combat the aging process. And he says these same minerals are destroyed in the process of producing food commercially. Since these trace minerals in plant life can be found in the amounts required by the body only in organically grown food, it is easy to see how long sustained diets of processed foods and plants grown on chemically dosed soils can be in part responsible for those aging signs which expensive cosmetic preparations cannot remove.

All the more reason to reach for a plant, both to eat and to apply, especially if you can grow your own. But seemingly insignificant plants—some simply referred to as weeds—grow along the roadways and in fields, yet are outstanding for their mineral content. Pick a few and start using them both in diet and beauty preparations.

You might like to obtain a book on herbs and learn to identify them. Better yet, find an older person who knows the world of herbs and take him or her on a walking trip in your area in order to acquire the knowledge of former, simpler times. Unfortunately, there are too few people left who can identify the wild plants that for centuries have been relied on for comfort, to soften a roughened skin, to add moisture to a leathered skin, and to strengthen the surface tissue.

Curious about the variety of local wild plants growing in a secluded area, and unable to identify many of them, I checked around to find someone knowledgeable in herbal lore. I was directed to an elderly woman living in a rest home nearby and she happily agreed to accompany me and teach me recognition of the plants she knew from her own background as a farm woman. She had used herbs and plants most of her life.

Miss Julia was generous in her time and sharing of her knowledge. Once in the fields, the recognition of old friends brought a sparkle to her eyes and step.

"There's the marshmallow plant," was her first discovery. She showed me the serrated leaves and together we dug up the plant with its parsnip-like root.

"My mother used to gather the roots and keep them until they were needed, and they were in great use in my family, for they served such a variety of purposes."

Sometimes Julia's mother would make an eyewater from the mallow plant to use for removing redness and strain from the eyes. Julia said the marshmallow plant, althea, or sweet weed, as it is also called, could be reduced to a pulp and used to soften and lubricate skin that had been too long in the sun.

Julia recalled warm, summer afternoons when her mother would dip a pad of muslin into a liquified solution in a pan next to her bed and apply the mallow concoction to her face while she rested between chores. The result, Julia said, was a complexion that was soft and unlined even in her mother's older years. Julia herself had not followed this practice for by the time she was grown, there were already jars of commercial products she could dip into without bothering to take the time to rest while the applications did their work.

WASH YOUR FACE WITH WATERCRESS

We moved on to a small stream bordering the meadow. Wild watercress grew in crisp islands in the clear water. We nibbled on the pungent leaves and Julia gave me a recipe for a face wash for rough textured skin.

For the watercress lotion, drop a freshly rinsed bunch of cress into two cups of cold water (Julia said she used spring water; you might like to use mineral water) bring to a boil and simmer gently for ten minutes. Strain into a jar, and use at room temperature. Bathe both face and throat (hands, too, for that matter) with an old piece of white towelling dipped into the liquid. Allow the lotion, after the last application, to dry on the skin, and later rinse away with warm, then cool water.

Julia said she and her sister used this solution after summer berry picking had given them a tanned skin, unpopular in her day. You might want to try this particularly in the fall when a summer's tan does not appear so glamorous, and has begun to fade, but lingers in a dismal shade.

There was yellow dock, invaluable for being the plant richest in digestible plant iron, and Julia said, excellent for irritated skin conditions. For rashes and redness, Julia said her mother always made a strong tea from the fresh leaves and applied the liquid to the area.

The stinging nettle plant was everywhere, and Julia recalled the careful clipping of the young leaves with shears and gloved hands, then dropping the leaves into a waiting basket. Caution is used in nettle collecting because of the formic acid which raises blisters on contact with the skin. However, boiling water poured over the nettle removes the sting, and so does drying the leaves. But at no time should the skin come in contact with the fresh leaf.

Nettle can be used as a food to cleanse the blood, and when applied as a wash directly to the hair and scalp, will strengthen the hair coloring and remove dandruff.

Of course, comfrey is becoming well-known again, and is now even being combined in commercial creams because of its healing qualities. Allantoin, comfrey's major component, has qualities to promote tissue-building and cell-restoring action. And it grows "like a weed" and can easily be found once you recognize the plant.

For a strengthening skin application, drop a large handful of the chopped leaves into a cup of water and simmer for five minutes. Strain, cool and use. You can, with great benefit, add a tablespoon of the tea to your favorite night cream and it will do its soothing, healing, and building work throughout the night.

There aren't many Julias left. After her generation the wondrous use of herbs from field and garden waned and much knowledge was lost for our own generation. So start looking for someone from an earlier time to teach you the values of nature; someone with a page from memory's past who can recognize coltsfoot, meadow sweet, Saint-John's-wort, and all the other valued plants growing, and offering qualities that can tone, build, strengthen, restore, and heal skins that have grown sensitive to harsher preparations.

Billy Joe Tatum

THOSE USEFUL AROMATIC HERBS

Here are some of the most helpful ways that aromatic herbs can be set to work around the house.

For some reason, what to us humans is the breath of heaven itself—the scent of aromatic herbs like lavender and orris root—sends insects scurrying away as fast as they can go.

Here are some ways you can take advantage of this fact to perfume your clothes and closets while keeping the moths away. It sure beats moth balls. And I've included a few of the other ways you can use these wonderful, easy-to-grow herbs to add natural, fresh scents to your daily life.

To prevent moths from chewing on your clothes, dry some rosemary leaves and sew them up in small decorative cloth bags in any shape you wish. Place several such bags among clothing in a drawer or chest. A simple method of keeping the herbs in a drawer is to line the bottom of the drawer with paper, sprinkle the herbs on the paper, then cover the works with a thickness of cloth, holding it in place with thumbtacks.

Another moth chaser is a mixture of equal parts of ground camphor wood (from camphor trees native to Formosa) and wormwood placed in bags among your woolens.

An effective moth-chaser that will sweetly perfume your closet is made by mixing equal parts of southernwood, wormwood, and lavender. Sew the dried herbs into cloth pillows and place strategically among your woolen garments.

Try this simple recipe for keeping moths at bay: Into one ounce of melted paraffin, stir 1 tablespoon heliotrope oil, ¼ teaspoon bergamot oil, and ⅛ teaspoon clove oil. Pour the blended mixture into a flat enamel or wooden pan. When cool, cut into small bars and place in your wardrobe to repel moths.

For a manly scented moth repellent, sew equal parts of cedar wood shavings and ground sassafras root into small cloth pillows and place among sweaters and woolens.

For general moth and insect control in your home, use sweet woodruff which smells pleasantly like vanilla. Mix together vetiver root and crushed bay leaves to repel bugs of all types. For a repellent to freshen your nose while scaring insects away, try this recipe: Combine ¼ cup of each of the following: lemon peel, crushed cloves, lavender, spearmint and tansy. Place in bags among your clothing and give the extras to a friend.

To rid your kitchen of pesty ants, crush some catnip or tansy and sprinkle on the ant trails. Ants dislike the smell and will leave. To keep flies outside where they belong, combine equal parts of clover flowers, broken bay leaves, crushed cloves, and eucalyptus. Tie this mixture in small mesh bags inside your entrance doors.

Don't let mosquitoes and gnats drive you inside. Make your own insect repellents from herbs which are safe to use. Before encountering those biting insects, apply a little citronella oil, diluted with about one-third pure grain alcohol, to your skin. To attract the man in your life while repelling insects, mix three parts of lavender oil to one part pure grain alcohol. Dab the mixture on your skin. The distinctive aroma of pennyroyal is also effective in keeping biting insects at their distance. Rub a small amount of pennyroyal on your body as good protection against biting insects.

AID YOUR PETS

Don't neglect the dog or cat. You can make aromatic pillows for your pets' beds that will keep them free of fleas. Cats are attracted to certain herbs and play with simple-to-make catnip toys.

To please the most finicky feline, dry equal parts of chamomile flowers and pennyroyal. When crumbly dry, coarsely grind the herbs and fill a fabric pillow. The chamomile and pennyroyal will rid your cat of fleas.

To make a flea-repellent pillow for your dog, fill a pillow with rue and place it in Fido's bed. Cedar shavings sewn into a dog-sized pillow will also help keep your pet flea-free.

HERBAL BATHS

Most herbal baths are simple to prepare. You can place the herbs to be used in a pan of water, cover, and boil for about ten minutes. Strain off the herbs and add the decoction to your bath water.

Or you can tie the herbs at the spout so the water washes over them on its way to filling the tub. You can put the herbs in a clean nylon stocking or a cheesecloth bag if you like.

The third possibility is simply to stitch up a large muslin "tea bag," which you fill with herbs and hang over the side of the tub in the water. Steep until ready, then hop in.

For a sweet scent in your bath water, any one of the dozens of fragrant herbs will do. Lavender is the favorite, as it has been for centuries. It's used to scent many commercial bath articles, so why not use your own garden lavender? If you are interested in becoming more lovable, try some lovage. Herbal lore attributes lovability to this herb.

There are a number of recipes that are tonics for the skin. With prolonged usage, comfrey will help regenerate aging skin. Mix equal parts of comfrey, alfalfa, parsley, and orange peel for a rejuvenating bath or, combine ¾ cup jasmine and ¼ cup orange blossoms. This combination smells good, and will help your skin retain its youthful glow. Another bath formula for retaining youthful skin is to combine equal parts of rose petals, orange blossoms, and lavender.

To get pleasant relief from stiff muscles and joints, use a combination of sage leaves and strawberry leaves. Another effective herbal combination to ease aches and pains consists of employing equal parts of agrimony, chamomile, and mugwort. For best results, you should massage aching muscles while soaking in the tub. That comforting glow of warmth is a sign that the therapy is working.

Experiment with various combinations of two or more of the following aromatic herbs to invent your own herbal baths; angelica root, myrtle leaves, marigold, lovage root, lemon peel, orange leaves, geranium leaves, rosemary, lavender, pennyroyal, verbena, acacia, sandlewood, cloves, cinnamon, or any other aromatic herbs you have access to.

SWEET POWDERS

After partaking of a leisurely herbal bath, indulge your body by smoothing on sweet scented powders. The ingredients for bath powders are easily found in your garden and kitchen. Make only a small amount so the fragrance is not lost with time.

In a wood mortar, grind to a fine powder one ounce each of rose petals, lavender buds, and orris root. Using a wooden spoon, blend well while adding 2 ounces cornstarch. Store in a powder receptacle. It makes a fine floral scented powder.

For a tangy herbal powder combine ½ ounce powdered cloves, ½ ounce powdered sage leaves, and 1 ounce powdered orris root. As an extender, blend in 2 ounces arrowroot.

For a spring-fresh essence, combine an ounce each of violet, lilac blossoms, and orris root, all of which have been ground into a very fine powder. Add 2 ounces cornstarch, blending thoroughly. Pat on your body with a soft powder puff and feel great!

AROMATIC WATERS

Refresh your weary mind and body after a long day with aromatic waters. After rinsing or washing your face, splash some on your face and neck for a fragrant lift. Sweet-smelling waters may be stored simply in decorative glass bottles in the bathroom or boudoir. You can be sure your home-brewed cosmetic waters are free of all harmful ingredients. The combinations that follow are all good enough to even drink as tea.

Never use water containing chlorine or fluoride when concocting aromatic waters. Use pure spring water which is free of all chemicals.

To make old-time rose water, gather rose petals early in the morning, place them in an enamel pot, just cover with water and slowly bring the mixture to a boil. Simmer for several minutes and strain. Rose water makes an excellent hair rinse, especially for oily hair. Also use as a rinse on oily skin. Rose water is often used to flavor foods in many countries. In India it is used to flavor sherbet, ice cream and cakes; Arabs use it as a glaze for roasting fowl; Turks use it much as we use catsup.

Another sweet water helpful in correcting oily skin and hair is lemon water. Use fresh or dried lemon leaves and prepare as you would rose water.

Orange leaves and blossoms, clover and acacia flowers also make aromatic waters which are effective in correcting dry skin. Drop the freshly collected botanicals into an enamel pan, barely cover with water, bring to a full boil and simmer for two minutes. Strain and use. Store extra water in glass jugs with tight sealing lids to protect the aroma. Chamomile water helps firm skin tissue, keeps the skin youthful, and perks you up. Add 1½ cups chamomile to one pint of water, allow to age for two weeks, shaking twice daily. Strain and bottle. Blondes will find chamomile water to be a good hair rinse.

SWEET SACHETS

Sachet bags may be made out of any type of pretty fabric. Start collecting pieces and remnants of various multi-colored cloths. Lace, satin, silk as well as cotton and muslin are appropriate choices. Fringe or frilly lace may be sewn on to make a decorative scented bag. Sequins, stitchery patterns, and small beads may be added. For a quickie sachet, simply place your ground sachet ingredients in a lady's frilly handkerchief, bring the corners up, and tie securely with a piece of velvet ribbon.

Traditionally, sachets are rather small. But fragrant bags needn't be tiny; insomniacs lay their heads on scented pillows, for it was believed—apparently with reason—that such was the cure for their malady. And grandmother sometimes used sparsely filled bags—more pads than pillows—between blankets in the chest and clothing in the drawer, partly to scent the garments and partly to ward off moths.

For your very first sachet start with a simple one. Collect a small bunch of lavender flowers. Lay the flowers in a single layer to dry. When

completely dry, grind them to a fine powder. You can use a mortar and pestle, perhaps a blender, or if you happen to have one, a flour mill. One lavender plant should produce enough blossoms to fill 12 two-inch-square sachets. Place in small cloth bags and sew up the openings. You don't have to age the ingredients; the purpose of aging is to give the scents of the various herbal ingredients time to fuse.

If you are using more than one herb in your sachet, the grinding isn't done until the mixture has been aged. This done, the herbs are ground up, those tiny bags (usually about two or three inches square) are filled, and you have a sachet.

Now try one of these more involved scent recipes:

THE RECIPES

Keep in mind that the ingredients are the same for both potpourris and sachets, only the consistency of the ingredients is different. For sachets you must crush all flowers to a fine powder and finely grind the spices and citrus peels. Potpourris are made from coarsely broken herbs, spices, and flowers. Some of the following ingredients, such as vetiver root (grown in the tropics) and tonka beans will not grow in your garden. Rely on a trustworthy herbal, botanical, or pharmaceutical concern to purchase such herbs from. Finally, don't leave out the fixative.

LEMON VERBENA

1 qt. lemon verbena leaves
1 C. lemon peel
1 C. violets
2 C. rose geraniums
1 oz. clary sage (fixative)

Not only is lemon verbena good to smell, it also flowers beautifully and its dried leaves make a refreshing tea.

HERB GARDEN

2 C. thyme
1 C. rosemary
½ C. lavender
1 C. mint
¼ C. tansy
¼ C. cloves
½ oz. orris root (fixative)

CITRUS BLEND

1 C. orange blossoms
½ C. orange peel
½ C. lime peel
1 C. lemon leaves
½ C. lemon peel
1 C. rosemary
½ oz. vetiver root (fixative)

TANGY ORANGE

2 C. orange peel
1 C. lemon peel
½ C. orange leaves
½ C. lemon leaves
½ oz. cinnamon
½ oz. nutmeg
1 oz. spearmint
1 oz. orris root (fixative)

LOVE POTION

The combination of violets, orris root, and tonka beans has been used by many a lady to catch her man.

3 oz. violets
2 oz. orris root (fixative)
1 oz. rose leaves
1 oz. rose petals
1 oz. tonka beans

SLEEP POTION

This herbal combination is used to treat insomnia and overcome melancholy.

3 C. spearmint
3 C. rose leaves
1 oz. cloves
1 oz. orris root (fixative)

ALL-BLEND

1 C. lavender
1 C. lilacs
1 C. rose petals
1 C. sweet peas
1 C. cloves
1 C. acacia flowers
2 C. rose leaves
1 oz. vetiver root (fixative)

ROSE-LILAC

3 C. rose petals
2 C. lilacs
2 C. marjoram
1 C. orris root (fixative)

LAVENDER-GERANIUM

4 C. lavender
2 C. rose geraniums
2 C. rosemary
1 oz. orris root (fixative)

Bonnie Fisher

JETHRO KLOSS: HEALING WITH NATURE

What do you suppose people did when they weren't able to pick up their telephone to call a doctor every time they got sick? Or they had one doctor who managed to make his rounds once every two or three months? Often, they turned to nature. They took advantage of what nature had to offer and, in most cases, cured themselves adequately.

One of the most famous of the herbal healers of the bicycle era was Jethro Kloss, whose BACK TO EDEN, a guide to herbal medicine and home remedies has been reprinted (Lifeline Books, 1973).

Kloss, who was in his eighties when he died in 1946, was one of hundreds of herbalists on whom people relied for relief when doctors weren't around. He, and others like him, went into the woods and fields of America and emerged with baskets and bags filled with the cures of yesterday which are making a comeback today. Kloss used only natural methods for curing a wide variety of diseases, some of them common, everyday aches and pains such as catarrh, boils, or rheumatism, and some serious.

But who was Jethro Kloss? How did he acquire the technique which allowed him to become a famous healer?

In BACK TO EDEN, the herbalist's daughter Promise Kloss Moffett, describes her father's life as one filled with the lore of nature and one which was dedicated to helping people the natural way.

A strict disciplinarian but "warm hearted and affectionate," Kloss was raised on a farm near the city of Manitowoc, Wisconsin, where he learned the value of wild and cultivated herbs, grains, nuts, fruits and vegetables early in his life.

HEALTH FOOD PIONEER

In the early 1900's, Kloss became associated with the then-revolutionary Battle Creek Sanitarium in Michigan. This is the sanitarium which was operated by the Seventh-Day Adventists. It was there that the famous Dr. John Harvey Kellogg pioneered dietetics and experiments with grains eventually leading to the development of some 80 different grain and nut foodstuffs, including peanut butter. And it was there Koss realized the value of nature.

As Kloss' daughter put it: "He saw clearly the disastrous results of the use of dangerous drugs then prevalent in caring for the sick. He developed further his own philosophy understanding the laws of nature; still remembering those things so deeply implanted in his mind from his early childhood."

Kloss did not eschew traditional medicine. He operated a small sanitarium in St. Peter, Minnesota, which was the equivalent of a small hospital. It included an operating room where local surgeons performed surgery while Kloss administered the anesthetic. But his small hospital included equipment for treatments with electricity and hydrotherapy which were said to be successful treatments for nerve problems.

He was one of the pioneers of health foods, which he manufactured in the small town of Amqui, Tennessee. From this center, he shipped health foods throughout the country in the 1920's, taking an almost evangelistic interest in bettering the general health of the public through an effort at improving their diet.

In the 1930's, Kloss and his family moved to Washington, D.C., where he attempted to popularize health foods by acting as host at several "demonstration dinners" for Washington notables. The dinners were designed to give publicity to the principles of the healthful diet. It was at this time that he became a much sought-after lecturer, traveling widely throughout the country, advocating the use of herbal cures and diets of organic foods.

Kloss' 80-plus years were packed with dramatic stories of almost miraculous cures. But perhaps his greatest contribution was in spreading knowledge of natural cures for everyday problems which do not require radical drug solutions, and frequently respond as well or better to gentle, natural remedies.

Impressive cures were obtained by Kloss from plants that we see every day of our lives. He took dandelions, clover, mustard and others, extracted their life-giving qualities, and served them up in a series of fomentations and decoctions, poultices and liniments which healed.

Among the many plants he used, some stand out more than others. One of the cornerstones of his medicine chest was anise *(Pimpinella anisum).* In a typical, under-stating style, Kloss noted that the herb is one of those "old-fashioned" herbs that has many valuable properties.

"It will prevent fermentation and gas in the stomach and bowels, and check griping in the bowels when taken as a hot tea," he wrote. "Anise is

a very good stomach remedy to overcome nausea and colic. It is useful to mix or take with other herbs to give them a palatable flavor."

Kloss isn't the only herbalist to give anise a high recommendation. In his book KITCHEN MEDICINES (Pocket Books, 1972), Ben Charles Harris also recommends the seeds for children with gas or colic. Also, he writes that if habitual laxative-takers drank herbal teas of anise or similar herbs more often, they would be able to free themselves from the unhealthy and dangerous habit of taking laxatives for constipation.

Kloss recommended the use of the bark and leaves of the beech tree *(Fagus ferruginea)* as a tonic to improve the appetite. He claims that it is excellent in treating diabetes, internal ulcers, skin diseases, dyspepsia, and it is "good to take once in a while to clean and tone up the system."

The American Indians, however, had a special use for the beech tree. They boiled the leaves of the white beech and used the resulting decoction as a cure for frostbite. They simply poured it over the frostbitten part and waited for the limb to be healed, according to Michael A. Weiner, EARTH MEDICINE—EARTH FOODS (The Macmillan Company, 1972).

CATNIP

A favorite plant of Kloss' natural medicine bag was catnip *(Nepeta cataria)*. Catnip, he wrote, is one of the oldest household remedies available for treating small children and infants. And although it is used to stimulate cats to an almost inebriating point, it has almost the opposite effect on children and infants.

A tablespoon of catnip steeped in a pint of water is a harmless remedy and can take the place of the various cough syrups, many of which are harmful, Kloss said. He noted that some honey or malt honey can be added to make it more palatable. Catnip should be steeped, never boiled, he says, and can be taken internally freely.

Ben Charles Harris also agrees as to the medicinal qualities of catnip. He says a warm infusion (the liquid obtained from steeping the herbs) of catnip and fennel seeds in equal portions offers a reasonable facsimile of any drugstore tonic. The dose for an adult or child is a half cupful of the warm infusion, and for an infant, as much as he will drink from a four ounce bottle. Harris goes one step further than Kloss. To induce sweating in feverish colds, he recommends steeping a teaspoon each of catnip, boneset *(Eupatorium perfoliatum*, a common weed) mint and sage in a cupful of hot water for ten minutes. Stir and strain and drink one such cupful every hour for four or five doses. Boneset, in case you're unfamiliar with it, is a plant which grows in swamps, marshes, and low grounds throughout the United States. It grows between 3 and 4 feet tall and has large heads of white flowers. It is also called thoroughwort, feverwort, Indian sage, agueweed, vegetable antimony, and sweating plant, writes Nelson Coon, in his book USING PLANTS FOR HEALING (Hearthside Press, Inc., 1963).

Strangely enough, one of the main plants in Kloss' bag of natural medicines is cayenne *(Capsicum annum)*, red pepper. He classifies it as "one of the most wonderful herb medicines we have."

Warning that it should never be classified with black pepper, vinegar, or mustard, Kloss notes that the aforementioned are very irritating while red pepper is soothing. It smarts a little, he says, but it can be put in an open wound, "either in a fresh wound or an old, and it is very healing instead of irritating; but black pepper, mustard, and vinegar are irritating to an open wound and do not heal. Red pepper is one of the most stimulating herbs known to man with no harm or reaction."

Besides Kloss, Coon also recommends the use of cayenne pepper. He says that in small quantities, it is valuable as a stomachic.

One of the ways that Kloss recommends the use of cayenne is as a liniment. His recommendation is as follows: boil one tablespoon of cayenne pepper in one pint of cider vinegar gently for 10 minutes. Bottle that mixture hot and unstrained. Kloss says it makes a powerful stimulant for external application for such things as congestion and sprain.

A common, well-known plant among herbalists is comfrey *(Symphytum officinale)*. Like the red pepper described, comfrey root is, according to Kloss, a powerful remedy for coughs and congestion. In addition, Kloss recommends giving fomentations of the strong hot tea in cases of bad bruises, swellings, and sprains. He says that it will greatly reduce the swelling and relieve the pain. Besides that, a poultice of the fresh leaves, he says, is excellent for soreness and swellings.

Kloss devoted a lifetime to using the cures nature gave us. And while he was compiling his treasure trove of information, he also developed a set of rules that he urged all those who turned to nature to follow. One of them is simplicity itself: Never use cane sugar when preparing syrups or the like. Yet another was the admonition never to take drugs when taking non-poisonous herbs because the two do not work together. He firmly recommended against using aluminum cooking utensils when preparing herbs—or even regular food.

Using radioactive dating materials, paleobotanists have placed the origin of plant life on earth at two billion years. The beginning of land plants is placed at 500 million years. And, as soon as man was placed on earth, he began searching for the plants that would help him survive the rigors of everyday life.

Today, a medico-botanic renaissance is under way. More and more plant scientists are once more going forth in search of new medicinal plants while in laboratories from one end of the country to another, investigators are re-evaluating the active principles of ancient herbal medicines.

Jethro Kloss and others like him may truly prove to be the fathers of the medicine of the future.

HERB SOURCES

Aphrodisia
28 Carmine Street
New York, New York 10014
Unusual botanicals.

Black Forest Botanicals
Route 1, Box 34
Yuba, Wisconsin 54672

Borchelt Herb Gardens
474 Carriage Shop Road
East Falmouth, Massachusetts 02536

W. Atlee Burpee Company
P. O. Box 6929
Philadelphia, Pennsylvania 19132
Seeds and plants.

Casa Yerba*
Star Route 2, Box 21
Day's Creek, Oregon 97429
Seeds and plants.

Caswell-Massey Company, Ltd.
320 West Thirteenth Street
New York, New York 10014

Cedarbrook Herb Farm*
Route 1, Box 1047
Sequim, Washington 98382

China Herb Company
428 Soledad
Salinas, California 93901

Gardens of the Blue Ridge
Ashford, North Carolina 28603
Native live herbs.

Greene Herb Gardens*
Greene, Rhode Island 02872
Herbs, herb plants, seeds.

Hahn and Hahn
Homeopathic Pharmacy
324 West Saratoga Street
Baltimore, Maryland 21201

Haussmann's Pharmacy
534-536 West Girard Avenue
Philadelphia, Pennsylvania 19123
Unusual botanicals.

Heise's Wausau Farms
Route 3
Wausau, Wisconsin 54401
Growers and dealers
in American ginseng.

Herbarium, Inc.
Route 2, Box 620
Kenosha, Wisconsin 53140
Botanical drugs and spices.

Hickory Hollow*
Route 1, Box 52
Peterstown, West Virginia 24963
Herbal products.

Hilltop Herb Farm
Box 866
Cleveland, Texas 77327
Herbs, herb plants, seeds,
unusual botanicals.

Indiana Botanic Gardens, Inc.
P. O. Box 5
Hammond, Indiana 46325
Wide variety of botanicals
and herbal products.

Joseph J. Kern Rose Nursery
Box 33
Mentor, Ohio 44060
Old varieties of roses.

Kiel Pharmacy, Inc.
109 Third Avenue
New York, New York 10003

Meadowbrook Herb Garden*
Wyoming, Rhode Island 02898
Seeds, plants, herbal products.

Dr. Michael's Herb Center
1223 North Milwaukee Avenue
Chicago, Illinois 60622
Complete line of herbal
medicinal preparations.

Nature's Herb Company
281 Ellis Street
San Francisco, California 94102
Unusual botanicals.

Nichols Garden Nursery*
Pacific North
Albany, Oregon 97321
Herbs, vegetables, flowers and other plants, seeds, botanical products.

George W. Park Seed Company
P. O. Box 31
Greenwood, South Carolina 29646

Penn Herb Company
603 North Second Street
Philadelphia, Pennsylvania 19123
Dried herbs, seeds, and herb products.

Pine Hills Herb Farms*
P. O. Box 144
Roswell, Georgia 30075

Snow-Line Farm
11846 Fremont
Yucaipa, California 92399

Snug Valley Farm
Route 3, Box 394
Kutztown, Pennsylvania 19530
Wool, mordants, dried dye plants, and dye starter kit.

Straw Into Gold
5550-H College Avenue
Oakland, California 94610
Mordants, natural dyes.

Tillotson's Roses
802 Brown Valley Road
Watsonville, California 95076

Well Sweep Herb Farm*
451 Mount Bethel Road
Port Murray, New Jersey 07865

The Woolgatherer
47 State Street
Brooklyn Heights, New York 11201
Yarns and dyes.

World-Wide Herb Ltd.
11 Sainte Catherine Street East
Montreal 126, Canada
Botanicals.

*businesses say they deal in organically grown herbs.